

Franklin Tobacco Cessation Guide



A resource brochure
for adults and youth
who are ready to quit
tobacco!

Tobacco Cessation (Quitting) Resources and Services for Individuals and Groups

Programs and services listed may change. Contact the organization for current information.

Center for Disease Control
*Tobacco Information and
Prevention Source*
www.cdc.gov/tobacco
(770) 488-5705 (Publication Specialist)
Office of Smoking or Health
(800) CDC-1311

American Lung Association
*Freedom From Smoking — Adults
Not On Tobacco—Youth*
13100 West Lisbon Road, Suite 700
Brookfield, WI 53005
(262) 703-4200
(800) 586-4872
FFS Online and Cessation Support
www.lungusa.org/ffs

Calvi Hypnotherapy Clinic
Cessation by hypnosis
N38 W27299 Parkside Road
Pewaukee, WI 53072
(262) 691-3152

Aurora Pharmacy
*Individual counseling by appointment
No fee*
6572 S. Lover's Lane
Franklin, WI 53132
(414) 425-2000 Ext 0
Ask for Bob Meier, Pharmacist

**Franklin High School NOT
(Not On Tobacco)**
Youth focused program
8222 S. 51st Street
Franklin, WI 53132
(414) 423-4640 (Guidance Office)

MCW Smoking Cessation Clinic
*Consultation and self-hypnosis
for individuals*
1155 North Mayfair Road
Milwaukee, WI 53226
(414) 456-8933

Nicotine Anonymous
Weekly meetings
www.nicotine-anonymous.org
(check website for local meetings)

St. Joseph's Hospital
*You Can Quit—Adults
Individual sessions
Fee for each session*
5000 West Chambers Street
Milwaukee, WI 53210
(414) 447-2273 Ext. 3

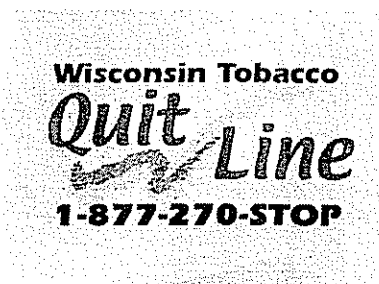
FREE self-help materials:
American Cancer Society (800) 227-2345
American Heart Association (800) 242-8721
American Lung Association (800) 586-4872

Waukesha Memorial Hospital
Quit to Be Fit - group sessions
725 American Ave.
Waukesha, WI 53188
(262) 544-2745
*Materials and advice available from
Hospital Heart Care Center*
(262) 928-7638

West Allis Memorial Hospital
*Freedom From Smoking
Smoking Cessation with Hypnosis*
8901 W. Lincoln Avenue
West Allis, WI 53227
(888) 863-5502 (toll free)

St. Francis Hospital
*Freedom From Smoking
Fee for 6 week session*
3237 South 16th Street
Registration (877) 226 8362
Information (414) 647-5007

**Ask YOUR DOCTOR
for advice and
support!!!**



Quit Line Hours

Mon-Thurs: 9:00am-8:00pm
Friday: 9:00am-5:00pm
Saturday: 9:00am-1:30pm

All other times, leave a message and a cessation counselor will call you back within one business day.

www.ctri.wisc.edu

Quit Line offers:

- ◆ **Expert counseling** for anyone who wants to quit smoking. This may include helpful calls to you during your quit attempt, if you wish.
- ◆ **Self-help materials.**
- ◆ **Information for friends and family.**
- ◆ **Referrals** to local quit smoking programs and services.

Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continue for years.

20 Minutes After Quitting

- ◆ *Blood pressure drops to a level close to that before the last cigarette*
- ◆ *Temperature of hands and feet increases to normal*

8 Hours After Quitting

- ◆ *Carbon monoxide level in blood drops to normal*

24 Hours After Quitting

- ◆ *Chance of heart attack decreases*

2 Weeks to 3 Months After Quitting

- ◆ *Circulation improves*
- ◆ *Lung function increases up to 30%*

1 to 9 Months After Quitting

- ◆ *Coughing, sinus congestion, fatigue, shortness of breath decrease*

1 Year After Quitting

- ◆ *Excess risk of coronary heart disease is half that of a smoker's*

5 Years After Quitting

- ◆ *Stroke risk is reduced to that of a non-smoker's 5-15 years after quitting*

10 Years After Quitting

- ◆ *Lung cancer death rate about half that of a continuing smoker's*

15 Years After Quitting

- ◆ *Risk of coronary heart disease is that of a nonsmoker's*

(US Surgeon General's Report 1988, 1990)

Franklin Health Department
9229 W. Loomis Road
Franklin, WI 53132

(414) 425-9101